

## ABSTRACT

An optical disc-producing sheet 1, which has an adhesive layer 11 having a specific heat capacity after curing of not more than  $1.9 \text{ J/g} \cdot ^\circ\text{C}$  at  $80^\circ\text{C}$  and a protective sheet 12, is laminated onto an information recording layer 3 (a laminate of a reflecting layer 31, a dielectric layer 32, a phase change layer 33 and a dielectric layer 32') formed on an optical recording medium substrate 2. According to this optical disc, recorded information can be reproduced accurately even in the case that recording/erasure or reproduction of information has been carried out repeatedly.